

Grimes Parks & Recreation Department

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Ages 5 – K & Grades 1- 2 Basketball League Rules

- 1. Coaches can be on the floor instructing and teaching with one on each end during the games. Coaches can assist the official or court supervisor in calling out of bounds, fouls, and violations in a helpful manner. Kids must be taught to freeze on the first whistle.**
- 2. Ages 5-K hoops are lowered to 7-foot baskets by using detachable backboards and smaller basketballs (27.5). Grades 1-2 play on 8-Ft Baskets and use 28.5 size Basketballs. Each child should have their own reversible jersey to wear at all practices & games.**
- 3. Before game starts, have kids stand across from each other to match up defensively and after subs come in. Tip off at Center Court. Half Court, Man-to-Man Defense Only.**
- 4. Play defense with your feet - No reaching in. Players at this age can't take the ball away from the person dribbling. Can only block the shot or steal the pass. If the defensive player does take it away, blow the whistle and give the ball back to offense. If team has trouble scoring, coaches can move their defensive players back inside the lane only and ask them to give them room when shooting inside so they don't block their shots. This is a rec league where every person should have a chance at feeling success.**
- 5. Games-**
Ages 5-K- Warm-up is 15 minutes. Two 15-minute halves with a 2-minute halftime.
Grades 1-2- Warm up is 10 minutes, two 20-minute halves with a 2-minute halftime.

Sub every 5 minutes. Running clock whole game. Time kept by program assistants on the scoreboard. Score will not be kept. No intentional stalling by the coaches.
- 6. No double teaming. Can teach help defense but must go back as soon as ball is stopped. If double-team occurs, official blows the whistle and instruct them to play their person.**
- 7. Coaches will do their best to play everyone equally throughout the season.**
- 8. Shake hands after the game. Line the kids up and give high-fives saying "good game".**
- 9. Alternating possession on jump balls after the tip.**
- 10. Timeouts will be allowed as needed to instruct players.**
- 11. No free throws are shot during the game. Ball is taken out of bounds on the side or checked up top instead of the baseline. If a player continues to foul, the coach should take them out and explain why they took them out.**
- 12. Violations are taught each week- first game traveling, second game double dribble, third game 5 seconds with the ball, etc, etc. Officials will explain violation the first time and give the ball back to the offense. The second time, the other team will get the ball.**

SPORTSMANSHIP IS STRESSED AMONG PLAYERS, COACHES AND FANS.